

CLAIMS

1. A method of preparing a vitamin for delivery to a subject, in which at least one vitamin is added to a wet carrier to form a mix which is subsequently freeze-dried, the freeze-dried mix being ingestible.
2. A method according to Claim 1, wherein the vitamin or vitamins are in solubilised form.
3. A method according to Claim 1 or 2, wherein the wet carrier is a natural material.
4. A method according to Claim 3, wherein the wet carrier is formed from fruit.
5. A method according to Claim 3 or 4, wherein the wet carrier comprises fruit juice and/or fruit pulp.
6. A method according to any preceding claim, wherein a blend of vitamins is added as aforesaid.
7. A method according to any preceding claim, wherein the amount of vitamin added to the carrier is calculated by reference to the vitamin content or concentration required in the freeze-dried product.
8. A method according to any preceding claim, wherein the mix is freeze-dried in discrete units.
9. A method according to any preceding claim wherein the vitamin concentration in the mix is chosen to cause each freeze-dried unit to incorporate a predetermined dose of vitamin.
10. A method according to claim 9, wherein the predetermined dose is a

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recommended daily allowance or simple fraction thereof.

11. A vitamin delivery product comprising an ingestible freeze-dried mix of at least one vitamin and a carrier.
12. A product according to claim 11, wherein the carrier is a natural material.
13. A product according to Claim 12, wherein the carrier is formed from fruit.
14. A product according to Claim 12 or 13, wherein the carrier is formed from fruit juice and/or fruit pulp.
15. A product according to any of Claims 11 to 14, comprising a blend of vitamins.
16. A product according to any of Claims 11 to 15, wherein the mix is freeze-dried in discrete units.
17. A product according to Claim 16, wherein each unit incorporates a predetermined dose of vitamin.
18. A product according to Claim 17, wherein each unit incorporates a recommended daily allowance.

AMENDED SHEET